

Outside The Wire

Veterans fighting substance misuse together



Andy Wicks

This summer a new Service 'Outside the Wire' was launched for members of the Armed Forces Community with drug and alcohol related issues.

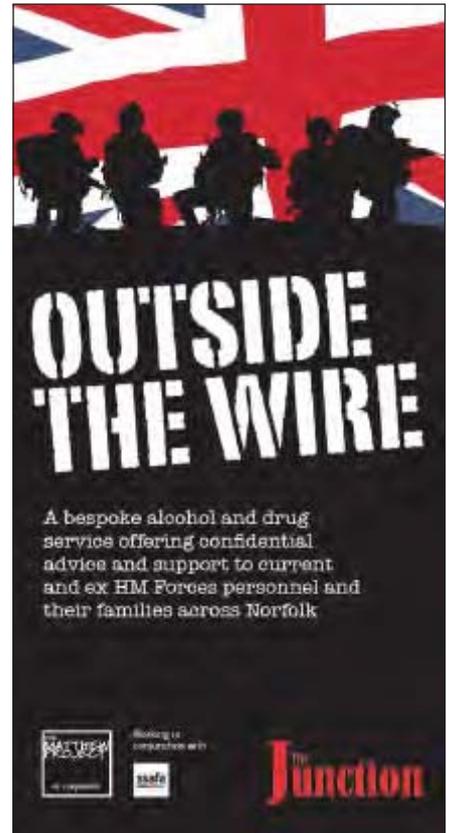
THE Matthew Project has been working in the drug and alcohol field in Norfolk for nearly 30 years and has established a strong reputation locally for providing high quality

services to both young people and adults in innovative and effective ways.

Its new service 'Outside the Wire' is for serving and ex-Service personnel and their families, including those involved with the TA. The service is provided by The Junction which is part of the Matthew Project. The Junction has the capacity to work across the whole of Norfolk and provides a unique and qualified insight into the treatment needs

and issues faced by this client group. What makes it stand apart from other services is that it is carried out by workers who are themselves ex-Service.

Andy Wicks [pictured], The Junction Team Manager said: "The Outside The Wire team offers innovative and comprehensive support, which includes confidential meetings at



locations of the client's choice. We're also sensitive to the complexities of military life and the often understandable resistance to admitting the extent of any personal issues, especially those relating to PTSD and other mental health issues, alcohol and drug use, domestic violence and family related issues. "Outside The Wire offers a wide range of help from specialist referrals, free treatment services, relapse prevention, advocacy to help with stopping smoking. We also provide outreach support and undertake home visits. Our clients are assessed and receive individual tailored support where they can receive one-to-one sessions, family support is also available."

"I don't know what would have happened to me."

Outside The Wire has already helped these veterans . . .

"When I left the Royal Navy I suddenly found that my life had lost its sense of purpose and had no direction, it left me feeling lost and confused. I started self-medicating with illicit drugs that helped to numb by emotions. I found The Junction and I am now drug-free and a contributing member of society."

"I served in the Royal Air Force for 10 ½ years, upon my exit I started to find it difficult to cope and control my drinking and gambling, which in

turn led to depression and problems within my marriage. A doctor mentioned The Junction, they saw me very quickly and I have found their sessions very rewarding and beneficial. The Junction also helped my family which has improved my marriage."

"I have been involved with The Junction on and off for three years after leaving the Army. The staff are very understanding and do not judge, nothing is too much trouble. Without them I don't know what would have happened to me."

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